



# PUT YOUR BEST FORK FORWARD

NATIONAL NUTRITION MONTH®2017

## A Colorful Plate is a Healthy Plate!

Did you know that you can get all the vitamins, minerals and antioxidants your body needs simply by eating a colorful variety of fruits and vegetables?

Here are some benefits to eating colorfully:

- **Red Foods** help increase heart and circulatory health, improve memory, support urinary tract health, and decrease the risk of certain types of cancer.
- **Orange Foods** have been linked to improvement in skin and eye health, increased immunity, decreased risk of cancer, and a healthy heart.
- **Yellow Foods** contain nutrients that promote good digestion and optimal brain function, and have been linked to increased immunity, decreased risk of some cancers, and healthy eyes and skin.
- **Green Foods** lower the risk of some cancers, improve eye health, rejuvenate musculature and bone, and promote strong teeth.
- **Blue/Purple Foods** help promote bone health, and have been shown to lower the risk of some cancers, improve memory, and increase urinary tract health.

